

ALLEYCAT

ALLEYCAT SOFTWARE SYNAPSE

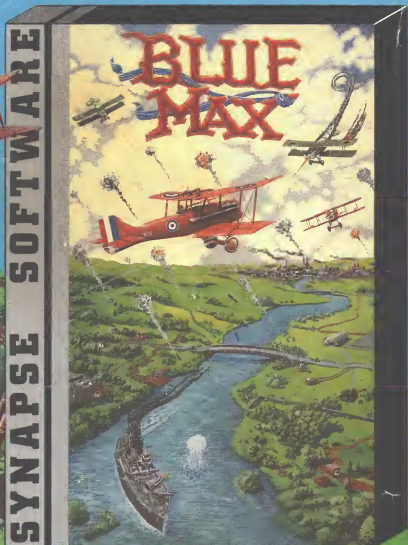
SYNAPSE SOFTWARE



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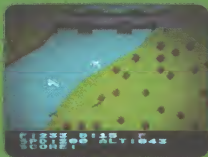
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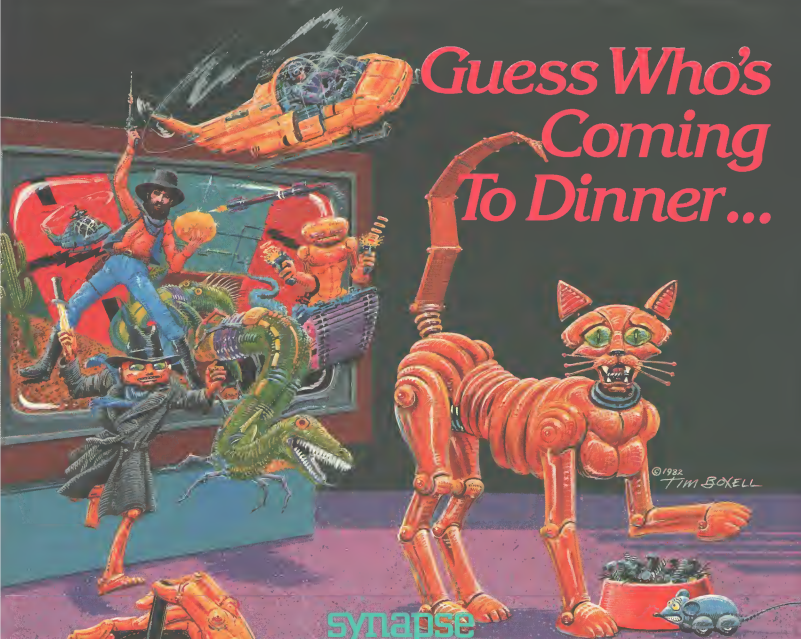


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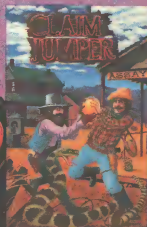
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Claim Jumper



Shamus



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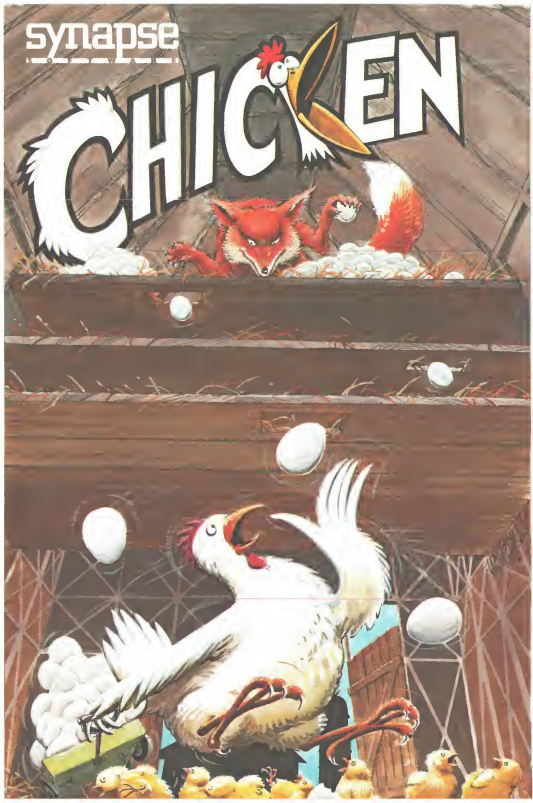
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For the Atari Home Computer

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CLAIM JUMPER

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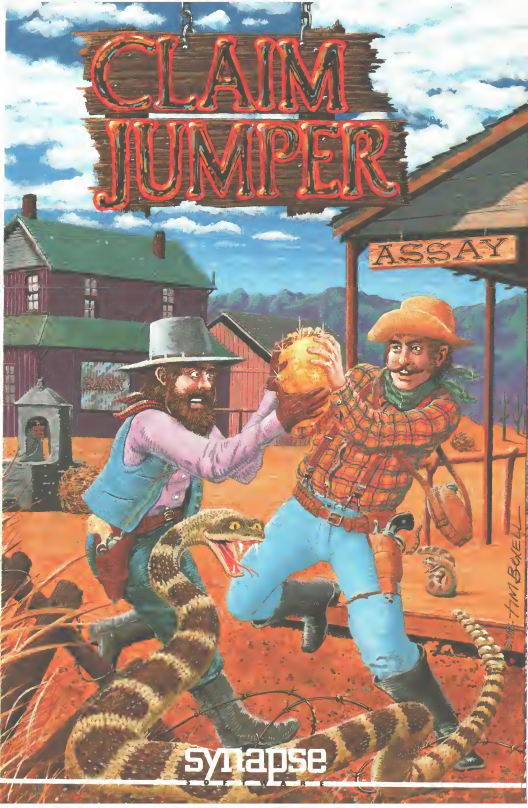


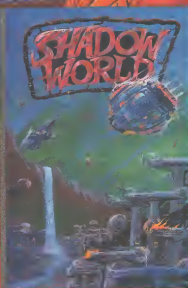
Illustration by TIM BOXELL

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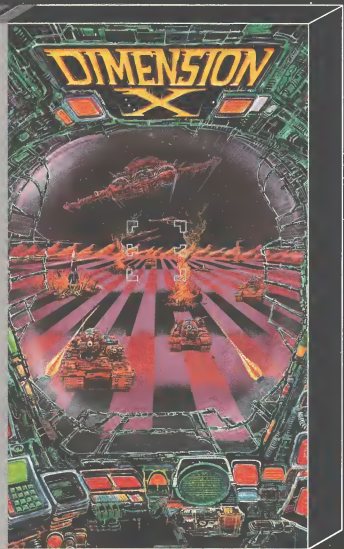
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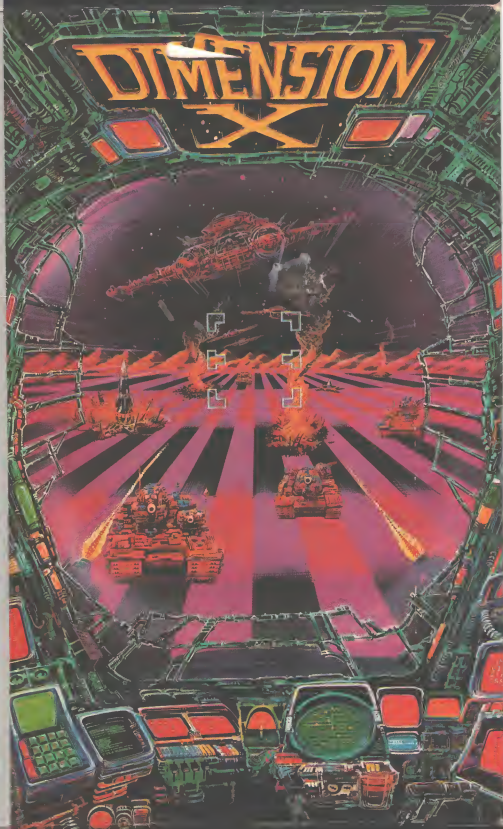
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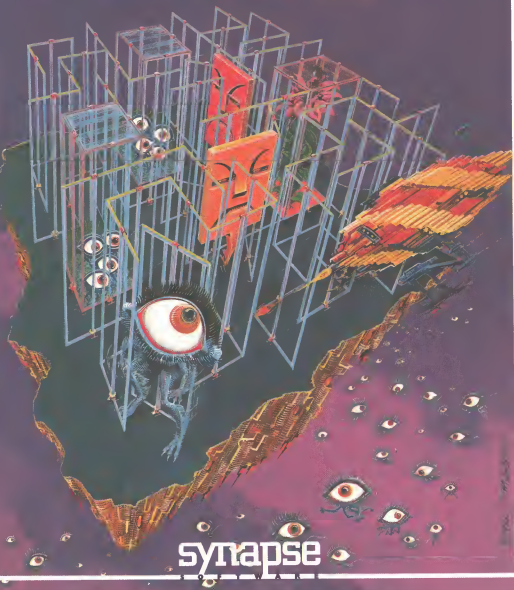
DIMENSION X

DOVE RACER



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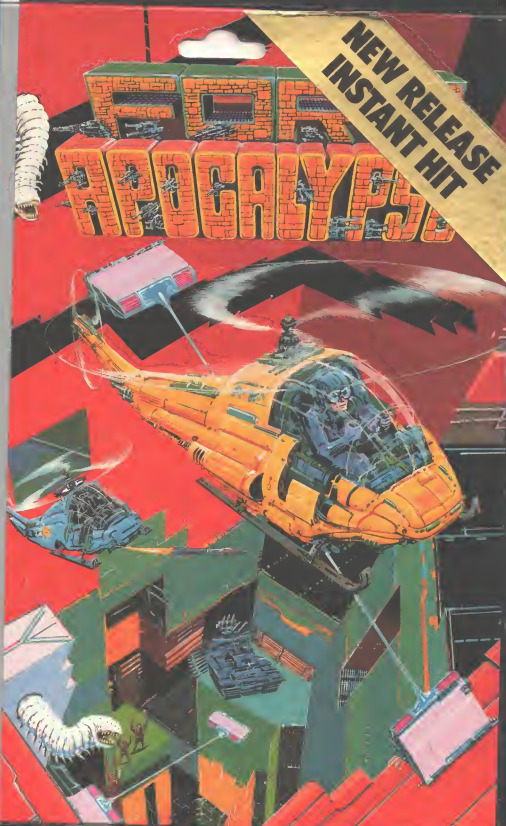
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QUASIMODO

QUASIMODO



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QUASIMODO

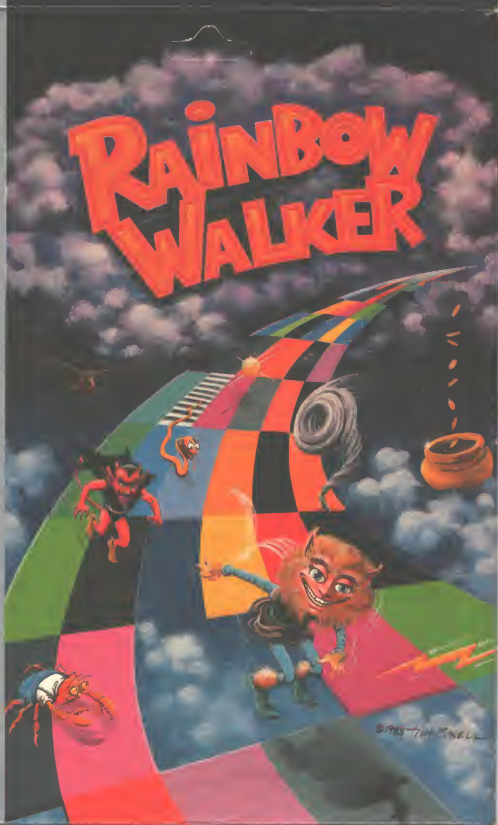
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RAINBOW WALKER

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relax

STRESS REDUCTION SYSTEM

Learning to Relax™ and reduce stress: A healthy step forward.



In this fast-paced society, you're faced with potentially stressful events every day. Whether you're embroiled in the competitive world of business or faced with the more subtle pressures of your personal life, stress can inhibit your productivity. Limit your effectiveness. And, ultimately, damage your physical and emotional well-being.

The results of stress—the “fight or flight” response that quickens the heart rate, raises blood pressure, and generally prepares the body for emergencies—can accumulate when there's no immediate physical release to bring your body back to a more normal, relaxed state. This accumulation of stress can lead to a whole variety of serious health problems.

You can reduce stress with Relax.

One of the best antidotes for stress is deep relaxation. The kind of relaxation that reverses your body's “fight or flight” responses. And brings you back into a more harmonious state. Deep relaxation can be achieved by a number of very effective methods. Techniques that include biofeedback, autogenic training and progressive relaxation.

Relax combines these proven techniques to create a complete stress-reduction system for use with your home computer. Using biofeedback techniques, Relax allows you to “see” stress by representing muscle tension graphically on your computer monitor. But Relax does more. The Relax workbook helps you understand your reactions to stress and provides suggestions for managing and reversing those reactions. The Relax audio tape guides you into a state of deep relaxation, helping you “undo” the effects of stress. When you use the tape with the biofeedback mechanism, you'll see very dramatic results. Results that actually reinforce your ability to relax in any situation—and deal with stressful problems and encounters more effectively. Relax also allows you to program in subliminal messages—powerful, positive reminders to your unconscious mind. Suggestions that will help you reinforce the relaxation response.

Relax is easy to use.

Even if you've never used a computer before, you'll be able to begin to experience the benefits of deep relaxation the first time you use Relax. The Relax workbook provides complete, easy-to-follow instructions. So you can Relax effectively within minutes.

Relax™. The first complete stress reduction system that works with your home computer.

The Relax program.

The menu-driven Relax program allows you to get a variety of biofeedback responses immediately with your home computer. The program "reads" the biofeedback responses, producing a continuous scrolling graph on your screen. A graph that you can print out and use as a reference. Relax offers you three "tension-relaxation" games. Colors and patterns change as you relax. Tense and relax a face as your stress level changes. Or play an action game by controlling your tension level. Relax also offers you clues to some of the "hidden stressors" in your life. And a chance to program in subliminal messages that can help you reduce stress even further.

The Relax sensor headband.

Three tiny sensors in the Relax headband provide highly accurate measurements of muscle tension. This biofeedback method (electromyograph or EMG) measures electrical activity in the muscles. When you're tense, electrical activity increases. When you're relaxed, electrical activity decreases, and your muscles lose their tension. Using EMG, Relax enables you to pinpoint your body's stress reactions. And helps you learn to let yourself relax.

The Relax control unit.

This easy-to-use control unit allows you to choose the sample rate you wish to use. That means you can have a wide range of "windows" on your muscle tension levels. A very fast sample can help you discover your unconscious reactions to stressful stimuli. A slow, averaged sample rate will give you a more general index of overall relaxation. Whatever setting you use, you'll see immediate readings on your screen. Accurate readings that can be printed out so you can measure your progress with Relax.

The Relax audio tape.

This tape is designed to help you take full advantage of the Relax program. It provides guided deep relaxation exercises, which integrate progressive relaxation and meditation techniques. In addition, the audio tape guides you through the Relax program's three innovative "tension-relaxation" games and provides a list of "hidden stressors." So you can become more aware of potentially stress-producing areas of your life.

The Relax workbook.

In addition to providing complete documentation for the Relax program, the workbook helps you understand and reduce stress. You'll learn to create a personal stress profile. And gain access to a wide range of resources for dealing with stress. You'll also be guided through a stress analysis process, which helps you create a plan to alleviate stress. Once you've developed a plan, the workbook provides guidelines for evaluating your progress over time. The Relax workbook also contains a skills development unit, which introduces specific, proven techniques for reducing stress, as well as a complete bibliography.

Relax has been developed by experts.

Since receiving her doctorate in Social Clinical Psychology from the Wright Institute, Martha Davis has focused much of her attention on the development of effective stress reduction techniques. She has led a number of stress reduction workshops, and is a co-author of the popular *Relaxation & Stress Reduction Workbook* and *Thoughts & Feelings: The Art of Cognitive Stress Intervention*. Dr. Davis, project manager of Relax, is currently a clinical psychologist in the Department of Psychiatry of Kaiser Permanente Medical Center in Santa Clara, California.

Relax™ and improve your life.

With Relax, you'll be helped to:

- Understand and reduce stress
- Sleep soundly
- Reinforce your progress with subliminal messages
- Deal with all facets of your life more effectively
- Live longer by learning to relax.

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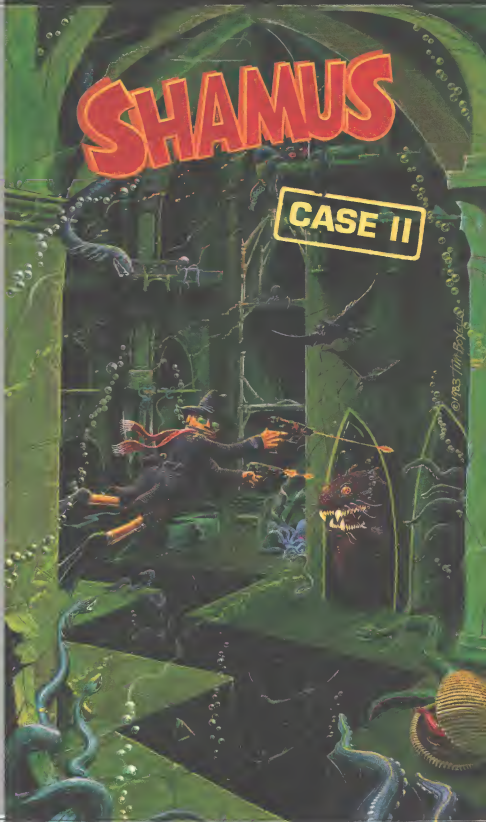
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